

# I Can't Get the Flu Vaccine.

## What Can I Do To Prevent Infection?

If you aren't in one of the high-risk groups receiving the flu vaccine, there are things you can do to prevent infection.

### Clean your hands

Washing your hands often will help protect you from germs. Wash your hands with soap and warm water for 15 to 20 seconds. If soap and water aren't available, then use alcohol-based disposable hand wipes or gel sanitizers.



### Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### Cover your mouth and nose

Cover your mouth and nose with a **tissue** when coughing or sneezing. It may prevent those around you from getting sick.



### Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### Seek medical attention if you have any of the following symptoms of flu:

- ▲ fever (usually high)
- ▲ headache
- ▲ extreme tiredness
- ▲ dry cough
- ▲ sore throat
- ▲ runny or stuffy nose
- ▲ muscle aches
- ▲ Gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea, are much more common among children than adults

**Taking these actions can help you and those around you stay healthy!**